

Sweet Corn and Potato Soup

Ingredients- Per table

- 2 onions
- 200g Sweet corn
- 1 large carrot
- 350g potatoes
- 1 tbsp oil
- 1 bouquet Garni
- 1.2 litres vegetable stock
- 300ml Milk

Method

1. peel and chop onion.
2. Scrub the carrot and slice thinly.
3. Peel the potatoes and cut them into small pieces.
4. Heat the oil in a pan . Add onion and sauté over a medium heat for 8 mins or until soft and golden.
5. Next add the corn ,carrot ,potatoes, bouquet garni to the onions. Cook for 2 minutes stirring constantly.
6. Add the stock and bring to the boil.
7. Reduce the heat to medium. Cover with a lid and cook for 15 mins stirring occasionally.
8. Add the milk and cook for a further 5 mins.
9. Scoop out some of the vegetables and blend the rest of the soup until smooth. Return the vegetables and blended soup to the pan and warm through.

Cheesy melts

- French stick
- Gruyere or Swiss cheese
- Chopped parsley

Slice and lightly toast French stick . Top with cheese and grill until just beginning to melt. Garnish with chopped parsley.